



# Monroe Information Meeting



10 January 2007

**Garrison Commander**

➤ Welcome.

## **AAFES (722-0794)**

- Fort Monroe Post Exchange Hours of Operation:
  - Furniture and Military Clothing Store
    - Mon-Sat, 1000-1800; Sun, 1100-1700
  - Shoppette
    - Mon-Sat, 0800-1900; Sun, 1100-1700
- Post Exchange will be closed for Martin Luther King, Jr's Birthday on Monday, January 15 2007

- Star Card Promotions
  - Furniture and electronic purchases of \$299 minimum between 5-21 Jan are no interest - no payments for 6 months
  - Berkline Furniture purchases of \$299 minimum between 1-14 Feb are no interest - no payments until March 2008
  - Whirlpool appliance purchases of \$345 minimum between 16-23 Feb are no interest - no payments for 6 months

- New Cottage Lane upholstered furniture has arrived. Visit store for details and examples.

- Social Security Number required for check cashing and refund transactions.

- Fort Eustis Exchange
  - Huge clearance sale, 6-14 January. Take an additional 50% off all clearance clothing and shoes. Additional 50% off clearance items under \$100 regular price in hardlines (giftwares, housewares, toys, linens, health and beauty and more!
  - You Made the Grade: Students with a valid military ID card and proof of an overall "B" or better average will receive a coupon book that includes free admission to an AAFES Reel Time Theater, a complimentary slice of Anthony's Pizza with a drink, a free magazine as well as other valuable coupons.

## **TOPS: Take Off Pounds Sensibly**

- Meetings every Wed at 1200 in building 82...room 262. \$24.00 for annual enrollment...\$ .50 weekly dues. Very affordable support group for weight loss.





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## Army Education Center (788-2454)

➤ St. Leo Spring 1 term registration started on 8 Jan and will continue until 28 Jan for civilians. Classes will run 29 Jan - 24 Mar. Active duty Soldiers planning to use Tuition Assistance must register through the GoArmyEd portal NLT 26 Jan. Flyer provided.

➤ Four (4) St. Leo undergraduate classes are planned for Fort Monroe. Flyer provided.

➤ Troy University began 5 undergraduate courses on Fort Monroe last week and Florida Institute of Technology will begin 3 graduate courses on Monroe this week.

➤ Reminder: The following schools have representatives each week at the Education Center. FIT on Monday mornings, ODU on Thursday mornings, and Troy University on Tuesdays (all day). Flyer provided.

## Army Family Action Plan (788-4132)

➤ Fort Monroe will host the Army Family Action Plan Symposium 7-8 March 2007. Use this Command tool as an opportunity to identify issues of concern reference Army quality of life. Support of this activity is encouraged in the form of volunteering as a delegate and/or identifying concerns. For more information call 788-4132 or 788-3878. Flyer and application are provided.

## Better Opportunities for Single Soldiers (788-2957)

➤ BOSS sponsored rose delivery for Valentines Day. Orders will be taken until 31 Jan and will be delivered after 1300 on 13 Feb or on 14 Feb. For more information call X-4897; X-2957; and X-3151. Flyer provided.

➤ BOSS sponsored drawing for \$100 and \$50 gas coupons. Tickets are currently available by calling X-4897; X-2957; and X-3151. Suggested donations are 1 ticket - \$1; 7 tickets - \$5; 14 tickets - \$10. Drawing to be held on 10 Feb 07. Flyer provided.

## Chaplain (788-2611)

- Sunday Worship Services (Chapel of the Centurion)
  - Episcopal - 7:45 am
  - Protestant - 9:30 am and 11:00 am
  - Sunday School (Chapel Center) - 9:30 am





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## Chaplain (788-2611) (cont'd)

<ul style="list-style-type: none"><li>➤ Chapel Center Wednesday Night Activities<ul style="list-style-type: none"><li>➤ Family Fellowship Night Suppers - 1700</li><li>➤ Bible Study classes for all ages - 1800</li><li>➤ Choir Practice - 1900</li></ul></li></ul>
➤ Protestant Women of the Chapel meet every Tuesday at 0930 at the Chapel Center.
➤ Protestant Men in our Protestant Service are having a Men's Breakfast on Saturday, 13 January at 0800 in the Chapel Center.
➤ National Prayer Breakfast is scheduled for 7 February, 6:30 - 8:00 am at the Bay Breeze Community Center, Guest Speaker is Chaplain (MG) (RET). Tickets are available at the TRADOC Chaplain's Office: 788-4485 and Post Chaplain's Office: 788-2611. Flyer provided.

## Craven Army Health Clinic (314-8045)

➤ Fort Monroe/Craven Army Health Clinic hosted Red Cross Blood Drive will be held at the Community Activities Center on 10 January 2007 from 9am to 3pm. ARC has noted a critical shortage for the area. Next Blood Drive will be April 11. For more information, call 314-8044.
➤ Craven Army Health Clinic Hours of Operation <ul style="list-style-type: none"><li>➤ Mon - Fri, 0730-1630 except Thurs, 0730-1500, closed during lunch 1200-1300 daily</li><li>➤ Allergy/Immunizations Clinic: Tues and Fri, 0730-1100 and 1300-1600</li><li>➤ Flu Shots are available for Active Duty, Dependents, Retirees and Civil Servants holding I.D. cards every Wednesday, 7:30 to 11:00 in the Flu Clinic located in the 2nd floor Immunization Room.</li><li>➤ Optometry Clinic: Closed until further notice.</li></ul>
➤ Patient Representative can be contacted at (757) 314-8044 with any concerns, issues, complaints, compliments or to receive TRICARE information.
➤ Emergency Services are not available at Craven Army Health Clinic. Dial 911 (MP Desk will answer) for true emergencies or proceed to the nearest Emergency Room, Sentara, Riverside, or Mary Immaculate. ➤ For non-emergency care after hours - McDonald Army Community Hospital at Fort Eustis and the 1st Medical Group at Langley AFB have Urgent Care Clinics open seven days a week from 0700-2200 hours.





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## Craven Army Health Clinic (314-8045) (cont'd)

- Physical Exams (Active Duty Only):
  - Call 314-8023/24 for an appointment (Part I or Part II Exam)
  - Part I Exams are conducted on Tues each week
  - Part II Exams are conducted on Mon, Tues, Wed and Fri @ 1100
- Retirement Physicals are provided by the VA for all Soldiers planning on filing any type of VA disability claim and not go through the physical exam process here at Craven. Contact Military Services Coordinator at (757) 858-6150, ext. 122.

## DENTAC (314-8060)

- The Dental Clinic has walk-in hours from 7:30 am to 9:00 am each morning (M-F) for sick call and exams.
- The Dental Clinic will be closed on Friday, 12 Jan for the training holiday.
- Thursday, 1 Feb, the Dental Clinic will open from 7:30 - 10:30 am for in/out processing and dental records pick-up/drop off only. Dental Clinic will be closed from 10:30 to 4:15 and will reopen with regular hours on 2 Feb.

## Directorate of Morale, Welfare and Recreation (788-3737)

- Swimming Lessons: A variety of classes are offered throughout the year at the indoor pool. 788-3301. Flyer provided.

- Sunday Brunches: Every Sunday at the Bay Breeze Community Center from 11 am to 2 pm. Cost is \$10.95 per person, children ages 5 - 12 are \$5.95, children 4 and under are free. Throughout the champagne brunch, Roberto, The King of Hampton Roads Romantic Crooners performs live. Reservations requested and available at 788-2406. Flyer provided.

- Health Checks: Cholesterol screening, blood pressure checks, and nutrition counseling are available the 3<sup>rd</sup> Tuesday of every month, from 11 am – 1 pm, in the Fitness Center lobby. For more information call 788-3090. Flyer provided.

- Army Community Services - Real-life Solutions for Successful Army Living training opportunities exist at the Fort Monroe Soldier and Family Support Center. ACS training calendar for the 2nd quarter of FY07 is provided. For more information call 788-3878.

- 2 Feb - Fridays at the Fort: Excitement returns beginning Friday, 2 Feb and continues every Friday night at the Bay Breeze Community Center. Doors open at 5 pm. Karaoke from 7 to 10 pm. Bring your friends and family for some karaoke fun. Free and open to the public. For more information call 788-2406. Flyer provided.





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## Directorate of Morale, Welfare and Recreation (788-3737) (cont'd)

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| ➤ 10 Feb - Bridal Show: Saturday, 10 Feb, 11 am to 3 pm, at the Bay Breeze Community Center. Admission is \$15.00 and includes brunch. For show information, vendor information, and registration, please call at 788-3151. Flyer provided.                       |
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| ➤ 17 Feb - Lincoln Penny Swim: Saturday, 17 Feb, 1 to 2 pm, at the indoor pool. Price is \$1 for pool members and \$2 for non-members. For more information call 788-3301. Flyer provided.  |
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| ➤ 2 Mar - Chocolate Chip Cookie Day: Friday, 2 March, is Chocolate Chip Cookie Day at the Frame & Craft Shop featuring lots of specials and discounts. For more information call 788-2728.  |
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| ➤ 17 Mar - St. Patrick's Day Party: Saturday, 17 Mar, 8 pm to 1 am, at the Fort Monroe Bowling Center. \$75 per lane, up to six people. Includes 2 pitchers of green beer per lane, appetizers, and door prizes. For reservations, call 788-2939. Flyer provided. |
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| ➤ Bridge to Terabithia Reading Program. Fort Monroe Library will sponsor subject reading program from 16 Jan to 28 Feb. Children between the ages of 9 and 15 are eligible for weekly drawings for reading and returning books. Flyer provided.                   |
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## Directorate of Public Works (788-5372):

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| ➤ Fort Monroe seawall project has been approved and is being advertised for construction award. Bid opening is scheduled for late January. Actual construction will most likely begin by March.   |
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| ➤ Project Pride: We encourage everyone to assist in keeping up the beautiful appearance of Fort Monroe. Please help by regularly picking up trash around your quarters and buildings. Also, please take the time to do seasonal maintenance around your quarters and buildings. |
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## Fort Monroe Spouses and Civilians Club (FMSCC)

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| ➤ FMSCC hosting "Let's Make a Deal" Luncheon on 11 January beginning at 10:30 am at the Bay Breeze Community Center. Flyer provided.   |
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| ➤ 2007 Joint Services Luncheon "A Salute to You - the Military Spouse" is scheduled for Thursday, 18 Jan @ 10 am at the Fort Eustis Club. For reservations call 930-2450. Flyers provided. |
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## Fort Monroe Spouses and Civilians Club (FMSCC) (cont'd)

➤ FMSCC's Chili Cookoff will be held on Friday, 23 Feb from 7 to 11 pm. This event is open to the public. Flyer provided.

➤ FMSCC's January Newsletter and information trifold which contain information about club officers, activities and other information have been provided.

## Martin Luther King Jr Day Observance (788-3645)

➤ Fort Monroe will host a Martin Luther King Jr. Day Observance on 11 Jan, 1:00-2:00 pm at the Fort Monroe Theater. Guest speaker will be from Sixth Mount Zion Baptist Temple. Special Performances by Norfolk State University Spartan Chorale. Flyer provided.

## McDonald Army Health Center (MCAHC) (314-7844)

➤ MCAHC is implementing an improved method of making appointments starting in January 2007. The new system is call "open access" and is being implemented in the Family Health Clinic and Pediatrics. More information will be provided.

➤ Retiree and retiree family members enrollments in TRICARE Prime will start in January 2007. More information will be provided.

➤ Chief, Oncology, Portsmouth Naval Medical Center will deliver a program on prostate cancer on 24 January. Flyer provided.

## Post Judge Advocate Tax Center (788-2158)

- The Fort Monroe Tax Center will open on 22 January 2007.
  - The Tax Center is located on the second floor of Post Headquarters, building 77 in the Post Judge Advocate Office.
  - Tax returns are prepared and electronically filed on an appointment basis.
  - All military ID card holders (active duty, retirees and family members) are eligible to have their tax return prepared and e-filed through the Tax Center. With e-filing, taxpayers can expect their return deposited in their bank account within two weeks.
- Point of contact can be reached at 788-2158.





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## Saint Mary's Star of the Sea (722-9855)

- Saint Mary's Star of the Sea Catholic Church is located at 7 Frank Lane, Fort Monroe, VA. The pastor, Father Anthony Morris, C.Ss.R, is also the Pastor at the St. Joseph Catholic Church in Buckroe. Copy of church bulletin provided.
- Mass current schedule. Flyer provided.
  - Friday 12:05 pm
  - Saturday - 5:00 pm
  - Sunday - 9:30 am
- Confessions are heard at St. Joseph's Church, 512 Buckroe Avenue, Hampton, VA on Saturday, from 4 - 5 pm.

- Women's Faith Group (Bible Study) meetings have resumed. Group meets every Wed, 0900 -1100 in Parish Hall.

## School Liaison Officer (788-4673)

- Public School Operations progressing well: Good relationships and partnerships with Hampton continue. No known significant problems.
- Virginia Dept of Education has granted SOL reciprocity for children moving into VA schools from out of state. First state in nation to implement regulations.
- Military Child Education Coalition: Training schedule in February for Counselors and Special Education Professionals.
- S2S Programs starting up in several local high schools.

## TNCC Peninsula Workforce (825-2938)

- Langley AFB and Fort Eustis Contact information. Presentation on various programs and points of contacts are provided.
- TNCC Welding Program Introduction. Flyer provided.





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## Thrift Shop (788-2566)

- Regular Clearance Sale is on-going.

- Consignments:
  - Friday, Feb 16 is last day for Fall/Winter items.
  - Tuesday, Feb 20 begins Spring/Summer consignment acceptance.

- Thrift Shop Scholarship Applications will be available at the end of February.

## US Army Training and Doctrine Command Band (788-4050)

- 11 Jan - Brass Quintet will perform for the Martin Luther King Ceremony at the Post Theater, 1 pm.

- 17 Jan - Chamber Series Concert: Performance by some smaller ensembles and soloists. Performance will be held at Liberty Spring Church in Suffolk, VA, 7 pm.

- 28 Jan - TRADOC Concert Band will perform a classics concert. Music will consist of classic concert band literature with the feature work being a transcription of Tchaikovsky violin concerto. Concert is at 1530 at First Baptist Church, Newport News.

## Plans, Analysis and Integration (788-4057)

- The next Monroe Information Meeting will be held on February 14th at the Post Theater.

- As a security requirement, if you have not signed in, please do so before you leave.